Center for Personal Development

Overview of CPD Counseling Services for Cadets

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LTC Rebecca Porter, PhD

Purpose

To provide information regarding CPD's mission, organization, staff, and services

Agenda

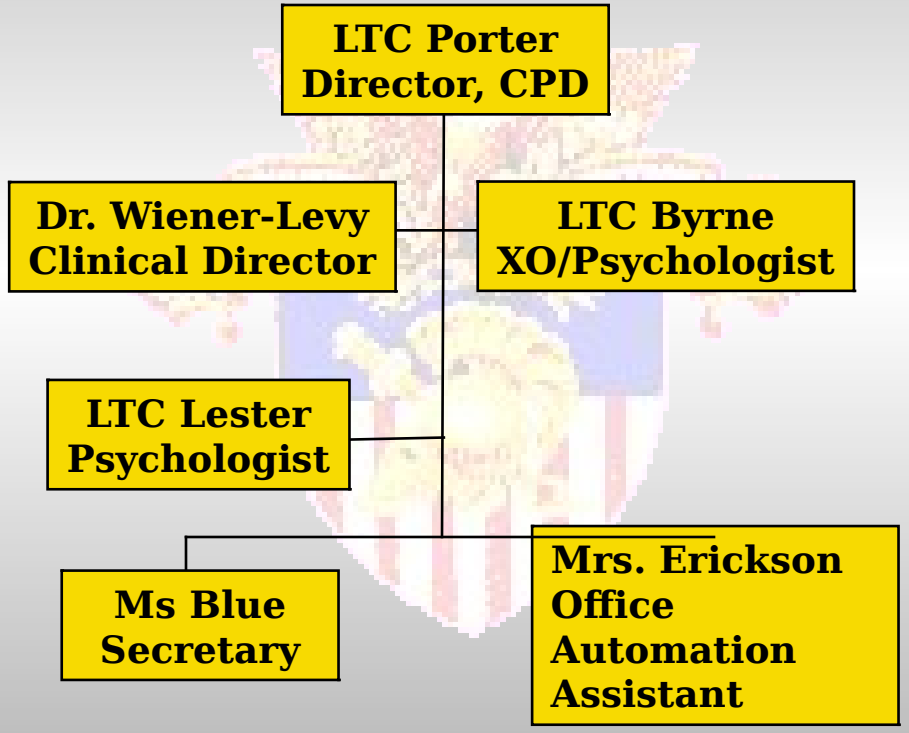
- Mission
- Organization
- CPD Facts & Staff
- Cadet Services & Considerations
- Specialty Services
  - Weight Management
  - Eating Disorders
  - Support for Sexual Trauma Victims
- Suicide Prevention
- Command Directed Referrals
- Psychiatric Consultation
- Cadet Counseling Unit
- Accreditation – International Association of Counseling Services (IACS)
- Conclusion

CPD Mission

- **<u>Counseling</u> for cadets**
- **<u>Consultation and training</u> for cadets, staff, and faculty**
- **<u>Coordinate</u> USMA wide personal development programs**

Center for Personal Development Academic Year 2005-2006

CENTER FOR PERSONAL DEVELOPMENT



CPD Facts

- **USMA's university counseling center established 1967**
- **Cadet (peer) Counseling Unit (*CCU*) for New Cadets since 1972**
- **Fully accredited by International Assoc of Counseling Services, Inc. (IACS) since April '98**
- **SOP c/w IACS (*requires administrative neutrality*) and HIPAA standards, as well as APA's Ethical Principles and Code of Conduct**

CPD Facts (cont)

- **No waiting list/same day appointments**
- **# of sessions determined by need**
- **Staffed by 4 licensed clinical psychologists: 3 Active Duty (2 female, 1 male), 1 civilian (female)**
- **During 04-05 AY, CPD provided counseling for 325 cadets during 928 visits (approx 1:12+ cadets)**

Reasons cadets seek counseling

- Interpersonal
- Adjustment/phase of life issues
- Mood disturbance
- In and out-processing
- Anxiety/worry/stress
- Suicide risk prevention
- Specialty Services
  - Healthy weight management
  - Eating problems/disorders
  - PTSD - Sexual assault trauma

Cadet Considerations (in seeking CPD support)

- ***Confidentiality*** **including sexual assault victims –** ***Superintendent's initiative***
- **Some limitations to confidentiality (e.g., significant risk for self-harm)**
- **No medical record entry (i.e., *NO* "permanent record" entry)**
- ***NO fitness for duty (FFD) determinations; FFD evals provided by Community Mental Health Service***

Special Services

- **Healthy weight management - LEAP**
- **Eating problems/disorders**
- **Support for sexual assault victims**

Weight Management – LEAP Program

- **LEAP - Lifestyles & Eating for Active People**
- **Individualized, Voluntary, Confidential**
- **Multidisciplinary (psychologist, dietitian/ nutritionist, physician)**

Support for Eating Problems

- **Multidisciplinary Team (MDT) includes:**
  - **Physician, registered dietitian and 4 clinical psychologists from CPD– standard of care c/w civilian universities**
  - **Can be augmented by athletic trainer, coach, chaplain, psychiatrist, etc.**
- **Confidential with limitations (e.g., risk for self-harm associated with anorexia)**
- **Self-referral best; mandatory referrals for medical screening if underweight IAW USCC 600-9's Cadet Weight Control Program requirements; command referrals for disruptive purging**
- **Window of opportunity for getting better is at USMA: <u>No medical care for eating disorders once commissioned</u>**

Support for Sexual Assault/Trauma Victims

- **Seek assistance as soon as possible**
  - **Hospital ER: Treatment for injuries, Sexually Transmitted Diseases, pregnancy & emotional support**
  - **Forensic evidence (within 72 hours of assault)**
- **Call CPD's 24/7 Sexual Assault Support Helpline (845-591-7215)**
- **Seek confidential counseling support from CPD**
- **Report incident to Chain of Command/Law Enforcement (voluntar**

Suicide Risk Prevention

- **CPD psychologists on call to hospital ER 24 hrs/day, year round**
- **CPD psychologists assess cadet and determine need for psychiatric hospitalization**
- **Provide support/monitoring of cadet upon discharge from psych hospital**
- **Regular briefs to Cadets and TAC Officers**
  - **<u>Permanent solution to a temporary problem</u>**
  - **Take care of your buddy: <u>The only thing that will save a human life is a human being</u>**
- **Suicide Prevention card – provided by CPD**

Command Directed Referral

- **Made by TAC Officer or higher in Chain of Command**
- **IAW DoDD 6490.1 – requiring formal counseling, witness, and rights advisement**
- **TAC Officer is "primary customer" – little to no confidentiality**
- **Appropriate when cadet needs eval for risk and or support which they have refused/ declined (e.g., suicide risk, eating disorder)**

Psychiatric Consultation

- **Provided by COL John Theroux, MD**
  - **Director, Keller Army Community Hospital's Community Mental Health Service**
- **Psychotropic medications – evaluations and follow-up care**
- **Fitness for Duty Evaluations**
- **Scheduled monthly meetings with CPD psychologists and consultations as needed**

Center for Personal Develop

Cadet (peer) Counseling Unit for Cadet Basic Training

Established 1972

CCU Mission

- **Provide counseling services to New Cadets**
- **Provide consultation to the CBT Cadet and Officer Cadre**
- **Prevent psychiatric casualties**
- **Provide leadership development for counselors**

Leadership Training Program (LTP)

- **6 Day Curriculum (22 Hours of Didactical Instruction + Practical Exercises)**
  - **Mental Health Ethics/Confidentiality**
  - **Listening and Counseling Skills**
  - **Intake Interview**
  - **Decision Making**
  - **Crisis Intervention**
  - **Stress Management and Relaxation Training**
  - **Cultural Diversity**
  - **Eating Disorders**
  - **Sexual Assault Response Program**
  - **Command Consultation**

Procedures

- **Each counselor assigned to one of 8 companies for both details**
- **Counselor lives and trains with company**
- **CPD maintains clinical/supervisory control**
- **Daily supervision conducted at CPD – 2 hrs each morning**
- **Most counseling conducted in barracks at night**
- **Counseling for all resigning New Cadets**

Accreditation

CPD fully Accredited by the International Association of Counseling Services (IACS) since spring 1998

Conclusion

CPD is a fully accredited counseling center with well trained and competent staff prepared to provide comprehensive and *confidential* quality counseling services during the Academic Year and Cadet Summer Training.

QUESTIONS